



Internal Substance Abuse Program Quarterly Newsletter

Program Updates

Post-Accident Release Document

There has been a change to the Post-Accident Release Document for members of the National Air Traffic Controller Association (NATCA) and the National Association of Air Traffic Specialists (NAATS). The document is used by FAA management to grant approval to an employee identified for a post-accident alcohol test to leave a facility for extenuating circumstances; subject to recall. The change reflects the 1998 Collective Bargaining Agreement between FAA and NATCA which incorporates language of the Memorandum of Agreement

(MOA) concerning procedures to be taken under post-accident testing. Previously, a single document was used for NATCA and NAATS employees. Now, it is appropriate to have separate documents for each union. If you have not received copies of the revised documents, please contact your Regional Drug Program Coordinator(DPC).

Inside this issue:

Program Updates	1
Information Corner	1
Education and Awareness	2
Frequently Asked Questions	2
Statistics	2

SPECIAL ANNOUNCEMENT:

Future newsletters will be available at <http://www.faa.gov/avr/aam/isap/>

Information Corner

Alcohol Hangovers

An alcohol hangover is characterized by fatigue, tremulousness, nausea, diarrhea, and headache, combined with decreased occupational, cognitive, or visual-spatial skill performance. In the United States, related absenteeism and poor job performance cost \$148 billion annually (average annual cost per working adult, \$2000). Although a hangover is associated with alcoholism, most of its cost is incurred by the light-to-moderate drinker.

The way total alcohol consumption affects a hangover is not clearly understood, many people believe that hangovers are punishment for alcohol

consumption and therefore prevents subsequent alcohol use. Hangovers have not been shown to effectively deter alcohol consumption.

Individuals with a hangover may pose substantial risk to themselves and others despite having a normal blood alcohol level. Hangovers may also be an independent risk factor for cardiac death. Although a hangover may be interpreted as merely uncomfortable, an individual with a hangover is at increased risk for injury and poor job performance.

Information provided by: Annals of Internal Medicine, *The Alcohol Hangover*, 6 June 2000. 132:897-902.

Education and Awareness

Marijuana

According to the most recent U.S. Government conducted National Household Survey on Drug Abuse, marijuana is the most commonly abused illicit drug. It is used by more than 9.8 million Americans. Furthermore, only 45 percent of those surveyed believed that occasional use of marijuana involved a great risk of harm. In the workplace, almost 10 percent of U.S. workers reported that they were current users of marijuana.

<u>Drug</u>	<u>Active Ingredient</u>	<u>Street Names</u>
Cannabis	THC or delta-9-	Pot, dope, grass, weed, ganja,
Sativa	tetra-hydrocannabinol	doobie, reefer, and Mary Jane

How it is Taken

Marijuana is usually smoked in hand-rolled cigarettes, or joints. It also can be smoked in pipes and ingested in foods such as brownies.

Other Forms

Hashish, the dark-brown resin from the top of the marijuana plant, has significantly higher levels of THC and often is compressed into a variety of forms such as cakes or pills.

Hashish Oil, a dark-brown liquid extracted from the marijuana plant, can contain as much as 20 percent THC. The oil often is dropped onto commercial cigarettes, which are then smoked.

Effects

- ◆ Impaired concentration, memory, and coordination
- ◆ Increased heart rate
- ◆ Lowered inhibitions; talkativeness
- ◆ Dry mouth and throat
- ◆ Increased appetite – “munchies”

Information provide by:

Institute for a Drug-Free Workplace, [Guide to Dangerous Drugs](#)

Frequently Asked Questions

Q. Is your privacy being violated when the contract collector has knowledge of your social security number during substance testing.

A. No. Your social security number is used by the Agency System of Records to distinguish you from other employees who are subject to the Department's random substance-testing program. The agency contracts for collection/testing services from a private contractor. That contractor is considered an employee of the agency. The random test lists are utilized solely for collection and testing purposes mandated by Congress. All contract collectors/testers with access to testing records are required to execute a non-disclosure statement of confidentiality. The statement requires the DOT contract employees to maintain confidentiality of all information.

Q. Does a Site Coordinator (SC) skip their self while working the test list?

A. No. As the SC you are responsible for ensuring that all employees (including yourself) are selected from the test list in accordance with the procedures outlined in the DOT Guide and [FAA Site Coordinator's Handbook](#).

For more information on any items provided in this section, please contact your regional DPC.

1999 Calendar Year Statistics

* Random figures are based upon: 25 percent annual test rate for drugs and 10 percent annual test rate for alcohol

<u>Drugs</u>				<u>Alcohol</u>			
Type of Test	Total Employees	Number of Positives	Positive Percent	Type of Test	Total Employees	Number of Positives	Positive Percent
Random*	7226	16	0.22%	Random *	3654	2	0.06%
Reasonable Suspicion	13	1	7.69%	Reasonable Suspicion	3	0	0.00%
Post-Accident	52	0	0.00%	Post-Accident	40	0	0.00%
Return To Duty/ Follow-up	926	7	0.76%	Return To Duty/ Follow-up	1451	1	0.07%
Pre-employment	847	2	0.24%				